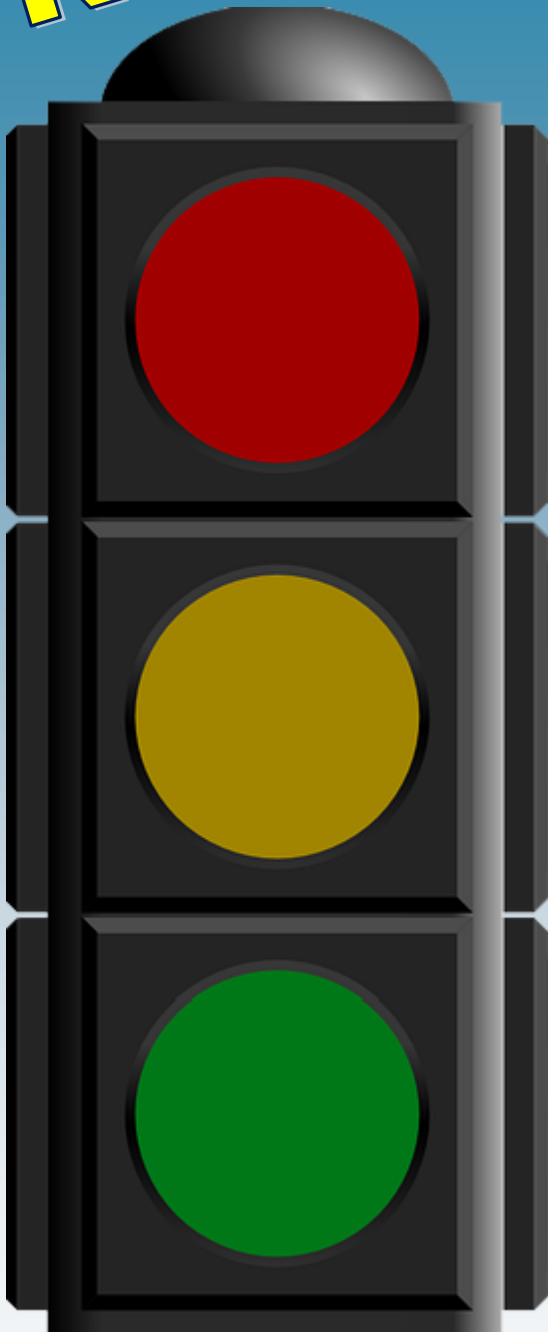


# ReThink Your Drink



## DRINK RARELY IF AT ALL

- Regular sodas
- Energy or sports drinks
- Sweetened coffee/tea drinks
- Fruit drinks

## DRINK OCCASIONALLY

- Diet sodas
- Flavored milks
- 100% juice

## DRINK OFTEN

- Water
- Seltzer water
- Skim or 1% plain milk
- Unsweetened coffee/tea drinks

Drop the sugary drinks and visit us at [health.baltimorecity.gov/RethinkYourDrink](http://health.baltimorecity.gov/RethinkYourDrink) for more information. Be part of the movement to reduce diabetes, obesity and heart disease in your community!



@Bmore\_Healthy



/BaltimoreHealth



@Bmore\_Healthy

ReThink  
Your Drink

# Sugar-Sweetened Beverages



→ Sugary drinks, aka sugar-sweetened Beverages (SSBs), are **beverages that contain added caloric sweeteners of any kind.**



→ Drinking SSBs can lead to excess caloric intake, **tooth decay, Type 2 diabetes, and obesity.**

→ **50% of Americans** consume at least 200 calories from SSBs a day.



→ **2 out of 3 American adults and 1 out of 3 children** are either overweight or obese.

→ Children and adolescents consume more SSBs than any other group, and **children in lower income households are most likely to consume at least two SSBs a day.**

→ Children who consumed at least one SSB a day **are 3 times more likely** to be overweight than children who consume no SSBs



→ As of 2012, **31% of Baltimore City residents are obese** and **13% suffer from Type 2 diabetes**

→ **1 out of 3** Baltimore City school aged children are obese

→ **1 out of 4** Baltimore City school aged child drinks one or more soda a day

## Water: The Healthy Option



→ **Drink more water** to avoid taking in too many calories and to improve your health.

→ **Reduce your risk of** serious health problems like obesity and type two diabetes.

→ It's **free** out of the tap!



 @Bmore\_Healthy

 /BaltimoreHealth

 @Bmore\_Healthy

ReThink  
Your Drink